

Presentation

On March 9th, 2012, by virtue of the law on companies with the aim of promoting the inclusion of people with specific needs by means of adapted martial arts for a young clientele having a ASD, DI and/or a physical limitation. The association of development for adapted martial arts (ADAMA) is officially founded. ADAMA has for mission to offer advice and support to the various martial arts clubs wishing to include people with a ASD, one with DI or physical limitation. The association is committed in train(form) trainers, to equip them and certify them so they may offer this new activity in their clubs and make it a success.

Our vision for adapted martial arts covers three essential elements: Health, Safety and Social. The principle is to train for HEALTH in SAFETY(SEcurity) in a SOCIAL context adapted and directed towards inclusion.

Other aspects aimed during our interventions:

Improvement general physical condition (Strength, flexibility, coordination).

Develop global mobility.

Participate in a shared activity with parents whose participation in this activity is recommended.

Understands one's body and enrich its cognitive perception.

Improve concentration and control of emotional reactions.

Preparation for integration and socialization.